


Dear Exchange Visitor,

This email provides guidance regarding your stay in the United States on a J-1 visa through the U.S. Department of State's Exchange Visitor Program. Your wellbeing and safety are important to us. Should you need assistance during your program refer to the graphic below:

Welcome to the Exchange Visitor Program



Questions or concerns regarding your exchange program?

Contact the sponsor listed on your Form DS-2019.



Still have questions *AFTER* speaking with your sponsor?

Email jvisas@state.gov



Remaining concerns or need emergency assistance?

Call the J-Visa Emergency Hotline at [1-866-283-9090](tel:1-866-283-9090)

If you or someone else is in immediate danger, call 911!



The U.S. Department of State does not tolerate any form of retaliation and fully supports your request for assistance.

Please review the [Exchange Visitors' Rights and Protections Brochure](#) should you have additional questions regarding resources available to you during your exchange program. We wish you a safe and successful exchange program.

Sincerely,



Private Sector Exchange Directorate
Bureau of Educational & Cultural Affairs
U.S. Department of State
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